PF Y56 Cycle B - Summer I

Athletics (Field)

What should I already know?

- How to perform a pull throw.
- Apply learnt skills to a variety of sports.
- Understand the importance of correct technique for safety when carrying out exercise.

Gems of Knowledge

Procedural Knowledge -

- Build rhythmn to create momentum with your body before throwing.
- Hold a discuss effectively. I.E Spread out your fingers, keep your thumb behind the discus and curl the end of your fingers around the rim.

Declarative Knowledge -

- Understand the technique used in a sling throw. I.E The discus should move from hip height to shoulder height as your upper body twists and is released when your arm is parallel to the floor.
- Understand that twisting my body builds momentum.
- Understand and explain the positive impact exercise has on my body and know the importance of a healthy lifestyle.



Throwing - Discus - Sling throw

Vocabulary

Sling throw -

Starting low and twisting our body and slinging our arms upwards to build momentum when sending.



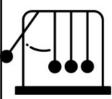
Grip -

The way something is held.



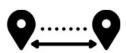
Momentum -

Force/power created by movement.



Distance -

How far something has travelled.



Discus -

An athletic field event where participants throw a disk.



Release -

Letting go/sending an object.

